

DSA, Tibbits to discuss student centre

By Brad Hilderley

Plans for a student centre at Conestoga are expected to be the central issue discussed at an upcoming meeting between college president John Tibbits and the personnel committee of the Doon Student Association (DSA).

"President Tibbits was wondering if a small group of us would like to get together with him and some other administrative people who may be helpful in deciding maybe what we can do for the students," said Jennifer Kurt, vice-president of administration, at the Sept. 21 DSA meeting.

Kurt said Tibbits had requested a meeting before the semester began, but the DSA was busy with orientation activities.

Kurt urged the DSA to take action on the student centre concept because it was already late September.

"I think that setting up the meeting with Tibbits as soon as possible is going to be the best first step,"

said Geoff Pearson, vice-president of communications.

DSA president Ron Lehman said he told the DSA he was "under the understanding with Tibbits it (the student centre) would either be a floor of the (planned business) building or some space that would be freed up because of the business building."

Lehman directed Kurt to arrange a meeting between Tibbits and the personnel committee, which consists of Lehman, Pearson, Kurt and treasurer Paula Sossi.

No date for the meeting had been set, Kurt said.

Members of college administration would also be present at the meeting, she said.

"It's going to be us getting together with them and talking about what we can do and what is feasible."

Kurt also said the DSA should develop an appropriate survey regarding the student centre and an effective way to distribute the survey to students.

The need for a survey was questioned by Pearson who said similar studies have already been done.

Kurt told the DSA the most recent student centre survey was about three years old.

"We've got a whole new set of students now and with the student body changing, those results are just so out of date they're not going to be able to tell us anything."

Cost would not be a problem, she said. The DSA could develop the study.

"I think we should have an independent survey or else it doesn't hold any water," Pearson said.

The time required to develop a survey would depend on the time DSA members have available and the number of ideas they suggest, Kurt said.

No timeline was decided upon at the meeting, but Kurt said it was pretty much decided a survey would be conducted.

"No matter how far we get this year, we're going to need the information," she said.



DSA promotions co-ordinator Cola Buscombe (left) and vice-president of administration Jennifer Kurt cheer on the Toronto Blue Jays at SkyDome Sept. 21.

(Photo by Kenton Augerman)

OSAP rush peters out, says registrar

By Hilary Ibbotson

According to Conestoga College's registrar, Ontario student assistance program (OSAP) applications are still coming into the registrar's office, although the start-of-school rush has dwindled.

Betty Martin said the total number of applications for all campuses is 2,276, up from 2,222 at the same time last year. The total full-time enrolment for all Conestoga campuses is 4,234.

A new system was put into place this year, said Martin, and returning students, who have previously applied for OSAP, sent their forms directly to Thunder Bay, while new students and those applying for OSAP for the first time had to give their applications to the college so program code costs could be assessed.

"After we do that, the forms are

sent to the Ministry of Education student awards branch (in Thunder Bay)," she said. "They do the assessment by keying in certain elements of the application," which determine how much money a person is entitled to.

Martin said when processing is completed, the ministry notifies the student and the college.

Students who receive loans are given loan documents which must be negotiated at a chartered bank, she said. "Students would take the document to a local bank and they would send it on to a central processing area. So it's about one week to 10 days in most cases before the funds are actually in the students' accounts."

Students who feel they did not receive enough money, or who have had a change in circumstances since they filled out their forms, may choose to appeal their assess-

ment, Martin said.

Interest on OSAP loans starts accumulating one month after full-time studies are completed, while the principle is payable six months after full-time studies cease, she said.

"It's really between the student and the bank once the student completes full-time studies," Martin said. "It is up to the student to go to the bank and arrange a payment schedule."

But if at some point the bank decides it cannot accept the students repayment schedule, or the student stops payments, the bank may turn the account over to the government, she said. "Then it becomes a default situation and future student loan assistance is put on hold."

Martin said the ministry has systems in place to collect on defaulted loans through Revenue Canada—Taxation or by putting a garnishee on wages.

Fair snares book browsers of all types

By Brad Hilderley

Conestoga College president John Tibbits was one of about 650 people to visit the book fair held Sept. 20-24 in the blue room cafeteria at Doon campus.

"I tend to read books on philosophy and education," Tibbits said during an afternoon visit to the fair.

He pointed to *Smart Schools, Smart Kids*, one of the items for sale at the event. He said it looked like an interesting book. Lynn Knowles, an employee of the college's print shop, ended her visit by buying *Shrubs, Trees and Evergreens* for \$2.99. "I'm into gardening," she said.

Some others, like Richard Schwarz, had gifts on their minds. The father of two bought his girlfriend *Stepmothers Try Harder* for \$2.49.

"I think it's going to help me and my girlfriend realize someday what the differences are between a mother and a stepmother," Schwarz said. Science books and holistic books captured the attention of Robert Erickson, a third-year mechanical engineering student. He

had made no purchases by that point and was unsure he would buy anything.

There was something of interest to all people at the fair, first-year electronics technology student Jih-shan Wang said. "Expert systems is something I'm interested in," he said while holding *C/C++ for Expert Systems*. Wang said he planned to buy the computer book which was selling for \$5.99.

Brad Dahmer, a first-year student in the small business program, came away with the *Handbook of Practical Information* for \$2.66.

The book has general information on writing, specific tips on writing papers, abbreviations, proper spellings, and examples of proper formats, said Dahmer.

Cheryl Lee, an ECE student, said books for her children caught her attention.

Another book fair may be held at the end of November, said Duane Shadd, supervisor of membership services and community relations.

That event will feature more gift ideas and less textbooks, he said.

Road trip

Conestoga students cheer as Blue Jays sox it to Boston at SkyDome

By Kenton Augerman

When the Toronto Blue Jays defeated the Boston Red Sox 5-0 at SkyDome Sept. 21, two bus loads of Conestoga College students were among the throng of 50,070 who watched it happen.

"There should be more activities like this," said first-year construction engineering student Scott Clark, one of 94 people who boarded Ayr Coach Lines Ltd. shuttles shortly after 5 p.m. outside door three at Doon campus.

The pilgrims to Canada's baseball mecca witnessed a masterful performance by Todd Stottlemyre, who tossed a complete game three-hitter and struck out a career-high 10 batters in a bid to make Toronto's post-season pitching rotation.

The right-hander, who earned his 11th win of the year, was in command from the outset, fanning lead-off man Scott Fletcher and retiring the first 13 Sox he faced.

Designated hitter Tim Lincecum, hitting more than .320 entering the game, struck out four times against Stottlemyre, who walked just one, while firing 71 strikes among his 106 pitches.

Offensively, the Jays roughed up Sox starter Roger Clemens,

who fell to 11-14, for three runs in the fourth inning, sparked by back-to-back doubles by Paul Molitor and Joe Carter and a throwing error by catcher Tony Pena.

The Jays tacked on two more in the eighth inning as Tony Fernandez and Pat Borders delivered run-scoring hits against reliever Greg Harris.

The Conestoga College contingent arrived home around midnight, weary but content it had seen Toronto tighten its grip on first place in the American League East.

"I got my money's worth (tickets cost \$22) and I'd do it again soon," said Harmen Spoelstra, a second-year computer programming analyst student who made his first-ever trip to the gargantuan ball park.

"I saw the posters (promoting the trip) and thought it would be excellent to come down here."

According to Doon Student Association activities co-ordinator Becky Boertien, a similar outing has been planned for Nov. 1, when the reigning American Football Conference champion Buffalo Bills host Washington on ABC-TV's Monday Night Football.

Trips to hockey games in Toronto or Buffalo also are being arranged, Boertien said.

SPOKE

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Spoke is published and produced by the journalism-print students of Conestoga College. Spoke is mainly funded from September to May by the DSA. The views and opinions expressed in this newspaper do not necessarily reflect the views of the college or the DSA. Advertisers in Spoke are not endorsed by the DSA unless their advertisements contain the DSA logo. Spoke shall not be liable for damages arising out of errors in advertising beyond the amount paid for the space.

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Campus life is enjoyable all of a sudden

When I reflect upon all the cool activities I've participated in at college so far this semester, I'm puzzled.



By Kenton Augerman

I know I enjoyed eating hamburgers, downing pints and attempting to knock

Doon Student Association (DSA) president Ron Lehman from his perch inside a dunking booth at the orientation barbecue Sept. 7.

I'm certain I savored every moment of Toronto Blue Jay Todd Stottlemire's three-hit, 10-strikeout pitching gem at SkyDome Sept. 21.

There is absolutely no doubt I was dazzled by Toronto bands The Lowest of the Low, 13 Engines and Dig Circus when they blitzed Doon campus Sept. 8-9.

And by the time this column is printed, I'm sure I will have had a good time guffawing at the remarks of comedian Simon B. Cotter and tossing innumerable balls into the gutter at Rock 'n Bowl.

What puzzles me is why I've had more fun at college in one month than I had all of last year. And, is it just me, or is everybody finding campus life rather swell lately?

"I think right now there is a definite increase in school spirit," DSA activities co-ordinator Becky Boertien said in an interview. "In the 2 1/2 years I've been doing this job, this has been the maximum amount of participation."

So there. It's not my imagination. Students are getting involved with college activities in larger numbers than before.

But why are more people participating? Has college morale improved that dramatically?

"I think part of it might be due to the fact some students from Waterloo (campus) came over," said Boertien. "They were such a close-knit group, and now that core is starting to spread out."

Moreover, word of mouth has played a large role, said Boertien. A person tells a couple of friends about an activity, they tell other friends, who tell still other friends and soon a lot of people are involved, she said.

Sounds plausible. But will the heightened involvement last?

"Hopefully it stays at this level," said Boertien. "But I know in other years, September has had the highest activity level and then it drops off. People have more money in September than they do in December."

Suddenly it hit me.

Why waste time puzzling over why I'm enjoying college life more than ever?

Why not just take part in as many events as my time and bank account permit?

Armed with this outlook, I'm off to Queensmount arena for Oktoberfest Oct. 13-14. And to Orchard Park, N.Y., to see the Buffalo Bills tangle with Washington Nov. 1. And to Stratford to get some culture with *A Midsummer Night's Dream* Nov. 10.

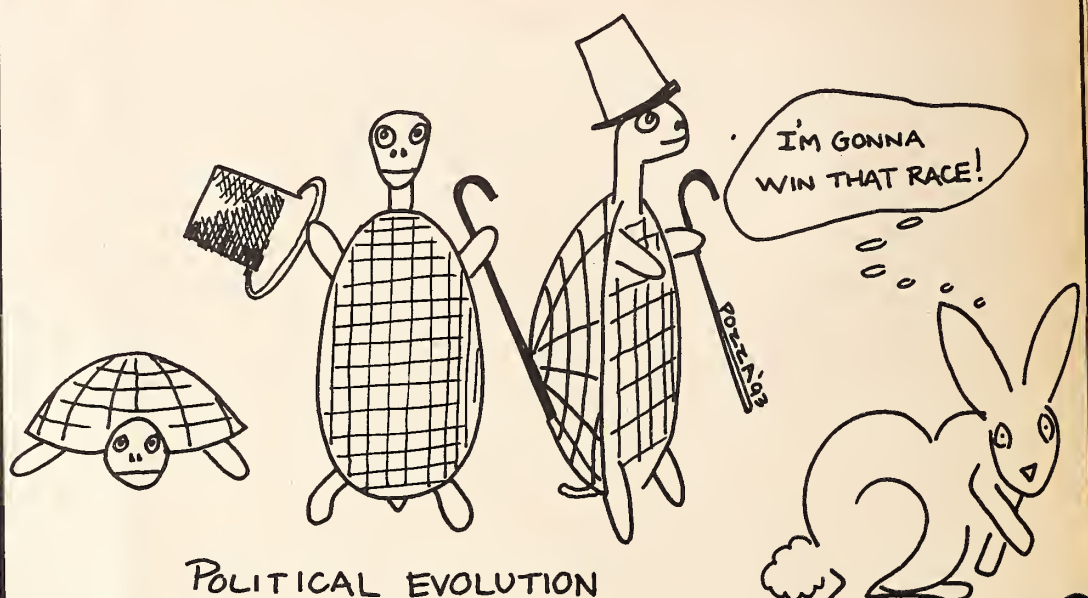
See you there.

Letters to the editor

Spoke welcomes all letters to the editor. If you have a beef, or an opinion, please send it in. Spoke reserves the right to edit letters to fit space, and to remove any libellous statements. Your letter must be signed, and include your program and year for verification. Send letters to the Spoke office, Room 4B15, Doon campus.

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OPINION



Pub and students would make good mix

By now, first-year students must realize what the rest of us have painfully been forced to endure during our tenures: Conestoga's Doon campus has the distinction of being one of the few post-secondary learning facilities in Ontario, and probably Canada, without a pub.

This may be a minor gripe to the majority of the student body, but the continued absence of a place where students can interact as adults contributes to the lack of a communal spirit among the programs.

Too many days at Conestoga resemble high school: classes in the morning, lunch in the cafeteria, classes in the afternoon and idle chats at lockers before heading home.

Sure, the Doon Student Association's (DSA) entertainment committee makes a worthwhile effort to bring us together with nooners and licensed after-hours events, but wouldn't you rather enjoy a comedian in a more



By Jason Schneider

intimate setting than the cafeteria?

The DSA cannot force us to mingle at superficial social outings. We, as students, need a place all our own where there is no pressure to feel like a participant in a pep rally.

Let's face it, the lounge is about as inviting as my grandparents' rec room, whereas a pub is a place where people can be themselves. The question is not about serving alcohol on campus, but rather catering to the most basic of human needs — having fun.

However, the pub must be more than a place where someone can drop in for a beer on a slow afternoon. We already have pool tables and video games, so let's get a big-screen television that can show movies during the day and sporting

events at night.

And here's a thought. Maybe the pub should have a stage so bands can play in their natural habitats, instead of at a fast-food outlet.

The orientation week concert featuring The Lowest of the Low and 13 Engines was a giant leap forward in the quality of recent Doon campus social events. Let's keep it coming.

Our own permanent facility will make it more inviting for performers to play here. During the week, there could be open-mike nights where our own talents can be showcased.

Above all, the pub should be a place where people find each other. Students must conform to what they are being taught, but a safe haven would bring together the varied interests that are not seen in the sheltered worlds of engineering, broadcasting and other programs.

Unfortunately, if the college's idea of youth culture is a wasteful and redundant burger joint, a pub may be an impossible dream.

Pack a lunch and your wallet will grow

My days of eating junkfood are over. Well, maybe not quite over, but I have managed to retract from the low nutritional standards which have plagued much of my student life.

The transition was shaky at first. Renewing an old acquaintance of mine — breakfast — didn't come easy. And it was no easier disciplining myself to pack a generous and reasonably nutritious lunch. But I've realized through lack of energy and a drained pocket-book this was a necessary step. Whenever hunger would strike I'd give in to a helping of greasy fries or a pizza slice.

Don't get me wrong. I love fries and pizza, it's just that in the past I've been a fast food junkie, depending on a bag of chips or greasy fries to get me through the day. My cash, it seemed, was magnetically attracted to anything lacking nutrients. Salt packages seemed to scream at me "use me to excess," cigarettes chimed softly "I'll relax



By Alan Horn

you," and pizza slices vowed I wouldn't get heartburn. They lied.

Having said this, I'm aware Doon's two cafeterias offer some nutritious foods, such as muffins, subs, apples and fruit juice. That's fine, but it's still cheaper to bring a lunch from home.

If you're only at the college for a couple of hours, it's no big deal. But for myself and others, at least in the journalism program, the days can be long and hard, and unless your stomach is used to skipping meals, hunger burns within you.

Supper options are limited for students who stay late. The vending machine menu offers ringaloes, hickory sticks and a variety of

chocolate bars.

Indulging in these edibles day after day, at the expense of more healthy foods, left me feeling apathetic. An unmotivated feeling would sweep over me, leaving me sapped of life.

A poor diet affects, among other things, the way we feel, act, and even our ability to learn. Carbohydrates, found in foods such as breads, pastas, potatoes, and rice, help the brain to be more alert and able to learn.

I'll admit a diet isn't something I'd given much thought to until recently. But when I realized I was digesting more print than nutrients, and feasting on more text than food, I sought adjustments.

Call me a raving health fanatic, your grandmother, or a nag, but I'm enjoying my experiment with nutrition. Yes, the health bandwagon is one I hope to ride on from this point on. Or at least until the next McDonald's.

Harvey's invites comments

By Laura Nahls

Comment sheets are now available at the Harvey's order register in Doon campus's main cafeteria. The message reads: "Don't tell your classmate — tell us!"

The comment sheet encourages students to share suggestions and ideas, either on the sheet or with the manager. "The students can remain anonymous if they wish," said Jackie Van Trigt, Beaver Foods unit manager.

"We're listening to the students at Conestoga," said Harvey's manager Mel Melehes.

"If students have concerns about any features in the cafeteria, we need to hear them so we can address the specific concern and implement positive change."

Shane Hicknell, a first-year me-

chanical engineering student, said he thinks the cafeteria line ups are always too long.

"It's a real pain. They should have two people taking orders at Harvey's."

Melehes said there is now a third cashier open at all peak times and that alone has improved congestion by about 20 per cent.

In addition, the table tent numbers that were used to take to the cashier have now been replaced by receipts with the price of the Harvey's order before tax, he added.

"There is more control with this system," said Melches. "We are still in the experimental stage and are willing to try anything to improve the line up congestion."

The problem of line ups overflowing the order area and continu-

ing up the cafeteria stairs also has been addressed, said Melehes.

"We are installing railings to control the line and contain it within the order area," he said. "They should be in place within the next couple of weeks."

According to Melches, students have expressed concern that they have to stand in line twice, once to wait for their food order and then again to pay for it.

Melehes said he understands the students' frustration, but added this is not a new system implemented by Harvey's. It was utilized with the Beaver Foods hot meals as well.

The comment sheet also welcomes positive comments.

Anna Szwajca, a first-year law and security student, said the line ups aren't a real problem. "The food is good and so is the service."

Letter to the Editor

Story left poor impression of open house

To the editor:

I would like to respond to the article "Students display skill at open house" by Tim Pozza, which appeared in the Sept. 20 issue of Spoke.

The article leaves the reader with a negative impression about the intent and the results of the open house and therefore, perhaps, the skills of the students and the program itself.

To correct some of the errors in the article:

The focus of the open house was to announce to employers the first graduating class from a new program. The feature was the automatic utility knife assembler; conceived, designed, built and troubleshooted by the graduating class.

The success rate of related co-op workterms for this program is over 80 per cent. (100 per cent at the time this letter goes to print.) This speaks well to the student's qualifications since the first workterm in May of 1991 was at the height of the recession.

The reporter trainee writes that the representatives from Automation Tooling Systems "were not quick to rave about the students' accomplishments." When in fact, Rob Holl, PLC and electrical design manager, appeared on CKCO-TV the evening of the open house and indicated that graduates definitely had the skills ATS was looking for as these student's skills fit well with ATS' needs.

The skills acquired by these students have more of a relationship to ATS and other companies needs, rather than just troubleshooting, as the article suggests. The

graduates from this program are qualified to design, build, install, maintain, and troubleshoot electrically, hydraulically and pneumatically automated equipment in a wide range of technology.

The direction of industry is not troubleshooting. The direction of industry is in automation and companies know they must automate in order to stay competitive. Graduates from the robotics and automation program are on the leading edge of this technology; more so, due to the fact that this program is quite unique in the post-secondary system.

While it is true that the assembler was down during a good portion of the open house, it did run effectively at times, and more importantly, while it was down, employers were very much impressed with the team work and troubleshooting skills the students displayed.

The results of the open house were very positive. Employers called to make donations of equipment to the program and others called with postings (including ATS). We also received calls from employers who were not at the open house but had seen the excellent external media coverage and called to make enquiries.

Graduates and co-op students will continue to have excellent opportunities within this program. Unfortunately, the writer took the one negative aspect of the open house and dwelled on it in his article.

Patricia Cruickshank
Co-op and placement co-ordinator

Don't Miss one of Shakespeare's most beloved plays

A Midsummer Night's Dream



at the Stratford Festival
Wednesday, Nov. 10
performance time 8 p.m.
bus departs at 6:30 p.m. from Door #3
Tickets: \$42.00



You Tell Us

Have you ever considered, or would you consider, your partner's past before a sexual encounter?



Yes, definitely. It's my life he's messing around with as well as his.

Becky Deville
Early childhood education
First year

Yes. There are too many diseases out there.

Dave Clarke
Business materials
management
Second year



Absolutely. I want to stay alive for a long time.

Christine Moore
Ambulance and
emergency care
First year

Definitely, because the more people you're involved with, the greater the chance to get a disease.

Chris Quinlan
Law and security
administration
Second year



Yes, because of the diseases going around. Get to know a person first. You don't have sex at the beginning of a relationship.

Stephanie Livingston
General business
Second year

Yes, because I'm not taking any risks for anyone. My life isn't worth risking for how-ever much time it'll take him to satisfy me once.

Sally McLeod
Marketing
Third year



Definitely. People don't take it seriously that once you sleep with a person, you've slept with everyone they've ever slept with.

Jenn Davies
Student services

Have, would, will again.

Ron Lehman
DSA president



By Sean Meyer

Alumni will nominate four grads for 1993 Premier Awards

By Laura Nahls

A group of Conestoga alumni will have its work cut out for it over the next few weeks.

Its task is to nominate four candidates for the 1993 Premier Awards to be presented by the Ontario Council of Regents for Colleges of Applied Arts and Technologies.

In his call for nominations, last year's nominating committee chair Richard Johnston said it is the nominees commitment to others that is paramount. "They need not be rich and famous."

"The nominating committee will look for graduates who have made

an important contribution to society through professional and community involvement, as well as achieved career success," said alumni association manager Mary Wright. "It is a real honor to be nominated."

The awards were launched in 1992 to honor the 25th anniversary of Ontario's college system.

Every college in Ontario is asked to nominate one graduate from each area of study: applied arts, business, technology and health sciences.

Sixty-nine candidates were nominated last year. Conestoga's nominees were: Jane Querin, Larry

Zepf, Rosalind Fuller MacDonald and John Fryters.

Querin, a 1975 recreation leadership graduate, employed by the City of Brantford Parks and Recreation Department, is involved with the United Way, Crimestoppers and the Participation House Telethon.

Zepf, a 1978 general machinist program graduate, is chief executive officer of Zepf Technologies in Waterloo.

His company won a gold medal at the 1990 Canada Awards for business excellence.

Zepf has also won numerous other awards for small business ex-

cellence and innovation.

He is also involved with the college's capital campaign.

MacDonald, a 1986 materials management graduate, was the founding vice-president of the alumni association.

She was the recipient of a higher education award from Polysar Ltd. while a student and is employed as an account manager with Toshiba in Markham.

Fryters, a 1975 registered nursing assistant graduate, continued his education and achieved a bachelor of science and master of science in behavioral pharmacology.

He also has a doctorate in addic-

tion studies from the American International University.

Fryters is executive director of the Jubilation Residential Centre in Prince Albert, Saskatchewan, where he is active in the rotary club, remedial centre and many other community-based addiction services programs.

"Last year's nominees were an excellent representation from the college," Wright said.

"I am anticipating four exceptional nominees again this year.

"The awards are to be presented in Kitchener this year, so it adds a little excitement should a Conestoga nominee win."



Conestoga's parking line

Conestoga security guard Jim Brady has his hands full handing out parking decals to students Monday, Sept. 27.

(Photo by Alan Horn)

Board of directors requires more student members

By Julie Magee

The opinions of students at Conestoga College are important and should not fall upon deaf ears, according to the vice-president of administration for the Doon Student Association (DSA).

"If students have something that they want to bring up, board of directors meetings are the place to do it," said Jennifer Kurt.

The board of directors is comprised of one student from each program year. Students are selected by their peers to represent the program at monthly board meetings. Representatives are allowed one vote, either by a show of hands, secret ballot or proxy.

According to Kurt, the board still needs student representatives from certain programs. The board has

mostly first-year students, but needs more second-year representatives, she said.

"We still need representatives for business, nursing, technology, law and security," Kurt said. "If they want to be represented, the best thing is to get somebody to represent them."

At board meetings, the DSA gives reports on what they are doing and what kind of activities they're having. According to Kurt, it is important that all programs have a member representing them on the board. Therefore, each program is represented fairly when decisions are made concerning students, she said.

"We need you, and if you want to be represented come on out and become a board member," Kurt said.

Computer Program brings college on line

By Tim Pozza

Indu Shukla wasn't sure how successful his first production at Rogers Cablesystems would be.

For the first time in 20 years of work at Rogers, Shukla was host, producer, and the guy who was sticking his neck out.

But for all the preparation — including the last minute cancellation by a friend-who-would-be-host — Shukla has created a successful community program and roughed out a reputation for himself and a rotation of instructor co-hosts from Conestoga College's programmer analyst program.

He admits he asked people to call the studio for the phone in portion of the computer program the first time it aired three years ago, but no one who was asked to call made it onto the air.

"We just had too many people call," he said.

Shukla's difficulty now is choosing which software to feature on his show. It's a situation unlike early rejection letters and snubs from software company secretaries who thought Shukla just wanted free programs.

The one-hour show, broadcast live on the first Tuesday of each month, features popular software packages.

Update versions of word pro-

cessing packages such as Word-Perfect, to spreadsheets, graphics programs, and special spots on new computer hardware products are also included.

Shukla also designed a segment for each show on one disk operating system (DOS) command, which looks at usage and syntax.

John Innanen, a programmer analyst professor at Conestoga's school of business, has been involved with the computer program since it began production in June 1990.

He said faculty members had discussed how to get increased exposure for the courses offered at the college before Shukla revealed his idea.

"When this came down and Indu gave us the call, everybody to a person said, 'Yes, this is positive for computer programmer analyst. Yes, let's try,' and it worked out," Innanen said.

"Now people are aware that Conestoga College has a computer programmer analyst program in the school of business. Visibility helps."

That visibility has increased. The computer program, produced at Rogers Grand River studio in Kitchener, is now broadcast in Toronto, Ottawa, and other cities across the country.

Doon Christian Fellowship
NOON-HOUR BIBLE STUDY

Tuesdays 11:30 a.m. to 12:30
p.m.

Room 1B30

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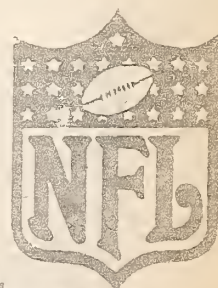
Available at the DSA Activities Office

Monday Night Football

Buffalo Bills

VS.

Washington Redskins



Monday, Nov. 1

9 p.m. game time

Bus departs at 4:30 p.m. from Door #3

Tickets: \$40.00 Cdn.

(includes transportation)

Limit 4 tickets per person

tickets on sale at the DSA Activities Office

Tuesday, Oct. 19

Peer tutoring — Fighting the stigma of failure

By Jeff Brinkhof

Along with the crimsons and oranges of autumn, October often brings anxiety and worry to Conestoga College students.

It's during this month, pushed by the spectre of upcoming mid-terms, that students start flowing into the student services office looking for peer tutors, says Jo-Anne Morgan, Doon campus peer tutor administrator.

But, this year, the cost of the service has jumped more than 100 per cent to \$15 for a five-hour contract, up from \$7 last year.

"The college has to find new ways of producing more revenue," said Morgan. "That's just the reality of

the times."

Students with true financial need, however, will not be denied access to the program, said Morgan. If a student cannot afford the fee, then it is waived.

Money, though, is often not the biggest obstacle in a student's decision to seek help. The fear of seeming less than adequate can be very strong.

"How many times have you sat in class and said, 'I must be the only one who doesn't get it,'" Morgan said. "So, the fear right off the bat is 'I better not put my hand up in class. I had better not ask my neighbor' because the stigma is that you're stupid."

"Everybody needs to feel they can

do it on their own, but once you've taken that step to say, 'I need extra help,' it's the beginning of getting a handle on it."

One way this stigma can be defeated, said Morgan, is through classroom visits. During early October, Morgan tries to visit all the programs at Doon, to make sure students are aware the service is available.

"First you've got to get the word out," she said. "Then you have to make face contact so the student doesn't have to go to student services without knowing someone. They can go, 'Oh, yeah, Jo came to class. I know her.'"

Another powerful method of spreading the message is word of

mouth from students who've had tutors, Morgan said. She said some days there is a flurry of activity in the office based on a few people talking, at lunch, about the fact a classmate is working with a tutor.

"If you hear that the guy next to you in class has been working with a tutor, it does a couple of things," Morgan said. "It tells you that other people are having difficulty and, as soon as you find out you're not the only one, it dissipates the anxiety you might be feeling. It's something you can do too."

Morgan stresses there is no typical student that seeks tutoring and applicants come from nearly every program.

"If you think of the college as a

pie," said Morgan, "no matter how you cut that pie, you'll essentially find a student who is being tutored."

For the student who feels they might need tutoring, Morgan advises he or she come to the student services office and meet with a councillor.

If it's decided peer tutoring is the right approach, the student will be given the name and number of a tutor that day.

"There's got to be a quick response time," Morgan said. "When students are motivated to come in, we want them to be able to get immediate help. Problems can build real fast and we don't want them to feel overwhelmed."

Consistent recycling is key to blue box use

By Alan Horn

Pop cans, paper, and bottles. The three most obviously recycled items at the college don't always end up in separate blue boxes as they should, but rather, are often mixed together in the same box, according to the manager of physical resources.

"Even though we have labels above the boxes identifying what should go in each, we're still finding a problem with the sorting, Barry Milner said.

"If the product is contaminated then its garbage, we can't do anything with it. So unfortunately a lot of items that could conceivably be recycled are still going to landfill because of contamination at the source."

Despite this, Milner said the college has reached its goal, set by the Ontario government to reduce the amount of waste going to landfill by 25 per cent.

Milner said it was almost four years ago when the Ontario government first started talking about regulations with regard to reducing the amount of garbage going to landfill by 25 per cent by 1992 and 50 per cent by the year 2000.

"I think we have progressed. We did meet the 25 per cent reduction. As a matter of fact we were over the 25 per cent by 1992 and that was based on our 1987 figures which the government had picked to compare to," Milner said.

The 25 per cent reduction rate is

based on a per capita basis.

The college is trying to increase that 25 per cent reduction a little each year.

One of the ways of doing this is by blowing leaves back into bush area to let them go naturally back into the environment.

Similarly, grass clippings are not removed to landfill, but left on the ground so nutrients in them can be re-absorbed into the ground.

"It just isn't what you see out in the hallway that the college is doing," Milner said.

Another example he cited was the dust collectors used at the wood-working center to collect dust in the air.

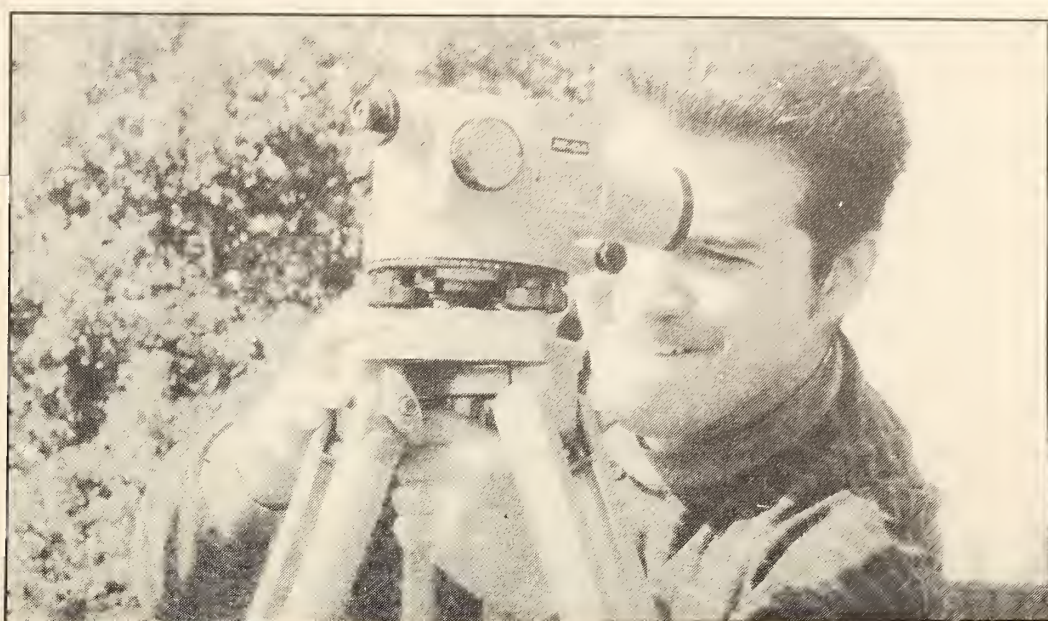
He also said he believes shavings from their machines are trucked off by someone who uses them as bedding for their animals.

The college also uses environmentally friendly products whenever possible, such as recyclable paper and bio-degradable soaps, Milner said.

Milner said recycling bins are placed strategically throughout the school and according to him there are 50 some locations at Doon that are patrolled, some more than once, on a weekly basis.

Milner said there are a number of things the college is looking at pertaining to recycling.

"It's great to have pie in the sky dreams and we all have them. However, what can we afford to do and what can't we afford to do, that's what it will come down to."



Survey says

Francisco Bonilla, a civil engineering student, struggles to level his survey equipment Sept. 24 at Doon campus.

(Photo by Omar Welke)

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High school gets IEEE equipment

By Robert Gray

Students taking computer electronics courses at Doon campus have had a new piece of equipment to use since the summer, thanks to a donation from Katlyn Controls Inc. of Waterloo.

The machine is a Data I/O Programmer. It programs instructions into computer chips.

Equipment available before the donation could only program some instructions into computer chips, said Bob Whitehead, a technician in the electronics repair and recalibration room (recal), where the machine is stored.

The people in recal service six labs for the electronics technol-

ogy and technicians programs. They also store and loan out some of the equipment used in the programs.

The new machine, worth about \$5,000, is a universal programmer that will allow students more versatility in what they can program into the chips, Whitehead said. The machine can adapt to future changes in chip technology, unlike the old equipment.

Angelo Kotzambasis, a controls technologist for Katlyn and a graduate of Conestoga, ordered the machine after asking people in the technology department what they could use.

"Whenever we can do something for the school, we try to," he said.

Night light

Women in K-W shoulder the burden of rising male violence

By Colleen Connachan

Voices rang out loudly and clearly as the 10th annual Take Back The Night march soldiered on through the streets of Kitchener-Waterloo Sept. 23.

The march attracted around 700 women of all ages, races and cultures, who walked the streets to further the growing awareness about violence against women.

As the women carried candles, home-made signs and shouted slogans, it became evident violence against women is something that will not be tolerated.

Starting at Seagram Drive in Waterloo the marchers proceeded along King Street South to Kitchener city hall, where an audience which included men covered the stairways, benches and balcony-like platform to listen intently to organizers and guest speakers.

First at the podium was guest speaker Susan Dube, who is involved with an agency called ROOF (Reaching Our Outdoor Friends).

Dube's speech revolved around her sister, Shelley Ellison, who was brutally murdered in Kitchener's Victoria Park on Oct. 16, 1985.

Ellison's attacker had sat in the bushes with a butcher knife and waited four hours for his victim to come along. In a matter of minutes, Ellison, a 23-year-old University of Waterloo student, had been murdered.

The 18-year-old attacker pleaded not guilty by reason of insanity to the charge of first-degree murder and is in an institution for the mentally ill.

Dube said family and friends tried to discourage her from attending the trial, knowing it would be hard for her. But Dube said she had every right to know how Ellison's life had ended.

Three years later, Dube approached the Crown attorney, Peter Spire, and learned that before Ellison's murder, her killer had followed a woman home, knocked on her door, smashed her face with a rock and then raped her.

When the police linked the two crimes together the man was already institutionalized for life.

"My goal in speaking was twofold. The first reason is to remind people that violence occurs in our own backyards. It's not just news-

paper articles," Dube said. "The second reason was very personal because it was my intent to keep the memories alive, not only in my heart, but that of my community."

Dube said she was initially worried about being too emotional during her speech. However, she said by the time she reached city hall she was overcome with anger which led her to deliver her speech in a stronger tone.

Dube said she feels the march is important for Kitchener-Waterloo, because it is symbolic as the one night of the year where women take power in the streets.

For the women who participated, said Dube, the march leaves them with the feeling they are acting in the interests of their safety.

Dube explained that to understand the women who participate and organize the march is to understand that they are not so-called "ball breakers or man haters." She said instead, they are women who love a man whether it's a partner or a brother.

Dube also said it is important for men not to feel threatened by the march, but instead educate themselves on the issue. "I think it's high time men start teaching men about violence against women. It's not my responsibility to teach a man that he shouldn't rape or beat a woman," Dube said.

Dube said it angers her to know that in the past eight years, not once has anyone spoken about the violence that occurred in Victoria Park. "Kitchener-Waterloo would like to think we're safe from violence. But the fact is we're not," Dube said, "If anyone has a hard time accepting that, then just remember Oct. 16, 1985."

Another guest speaker, Terri Saunders, a black activist who spoke about her experiences with racial and gender discrimination, said people need to overcome their differences in order to defeat the prejudices that are so pervasive in our society.

The last speaker, Allison MacFarlane, a University of Waterloo student, spoke openly to the audience about the discrimination she has encountered because of her sexual preference.

She said the incidents she has faced have made her afraid of becoming a victim of violence.

Still, MacFarlane said, "I hate to

spend energy worrying about my safety."

She added, "too many men feel they have the right to degrade us.

They think we are powerless."

One of about 20 males in the audience was Jim Crawford who attended with his 21-year-old

daughter Gillian.

"I'm here to give my support because I'm against violence against women."



Take Back The Night marchers head up the line near the Mutual Life Insurance building on King Street, Sept. 23. Nearly 700 women shouted slogans enroute to Kitchener's new city hall.

(Photo by Colleen Connachan)

Squash Round Robin Night

Wed., Oct. 13

at the Conestoga College Recreation Centre

from 6 p.m. - 10 p.m.

Register in advance at the Recreation Centre



Squash Round Robin Nights have been slated for every second and fourth Wednesday from September to November and from January to March.

AIDS Awareness Week

October 4-7

- ⇒ Check out the New Facts of Life at the information tables set up throughout the college next week
- ⇒ Support AIDS research and education
- ⇒ donate to the RED RIBBON Campaign

ribbons available at the DSA Offices, the college bookstore, and in the cafeterias

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Your continued support is appreciated

Drop off canned goods at DSA Activities Office or Student Services

If you are in need of the Food Bank service, please contact Student Services





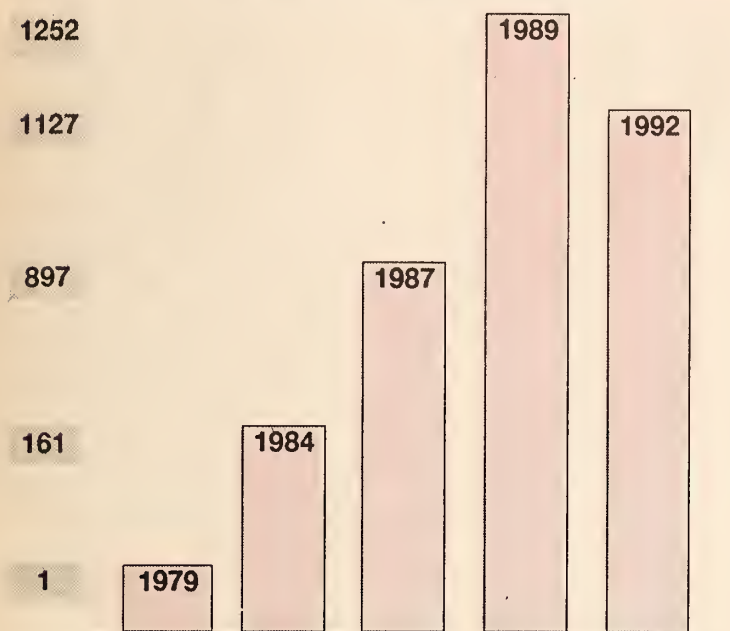
Perspective

AIDS Awareness Week

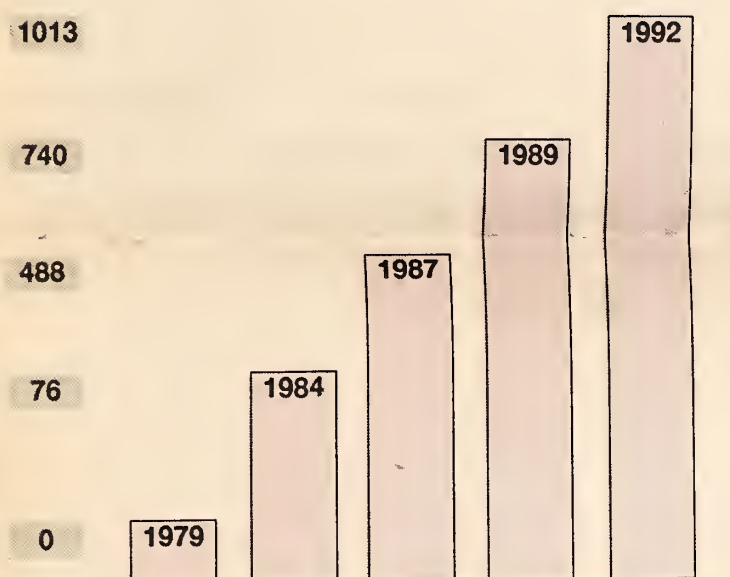
STRONG
LIVESSTRONG
COMMUNITIES

Life

AIDS cases reported in Canada



AIDS-related deaths reported in Canada



Awareness week activities held in Waterloo Region

By Kari-Ann Puckering

For the past five years, a week has been set aside to promote education and understanding about AIDS. This year throughout Canada, Oct. 4 to 10 has been designated AIDS Awareness Week 1993.

The Canadian AIDS Society and over 90 AIDS organizations across the country are supporting the awareness week in co-operation with the Canadian Public Health Association and the Canadian Hemophilia Society.

This year's theme is: Strong Lives — Strong Communities.

The main message of the week is the promotion of a full and healthy life in a strong and caring community, according to Rob Gascho, education co-ordinator for the AIDS Committee of Cambridge, Kitchener, Waterloo and area (ACCKWA).

ACCKWA and the Waterloo

regional health unit's AIDS/STD program are co-ordinating events to promote community awareness.

The kick-off event in the region this year is the 10 kilometre Walk for AIDS. This event will raise funds for people living with HIV and AIDS in the Waterloo Region, Gascho said.

"Anyone who wants to be involved in the walk can pick up a pledge form from ACCKWA," Gascho said.

So far, about 200 people have been lined up to take part in the event. "The turn-out is much greater than we expected."

According to the World Health Organization, there has been a change from information-based HIV/AIDS education to health promotion education.

Health promotion is defined by the organization as the process of enabling people to assert control over and improve their own health and well-being.

AIDS Education

Students need information to clear myths

By Kari-Ann Puckering

A lack of available information about HIV (human immuno-deficiency virus) may be responsible for the growing number of people who have the illness, according to the education co-ordinator for the AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA).

Rob Gascho says there are still many stigmas attached to AIDS (acquired immuno-deficiency syndrome).

"The number of people with AIDS in the Waterloo Region continues to increase."

There are 118 confirmed cases in the region.

HIV, the virus that causes AIDS, affects the immune system by attacking certain cells that detect the presence of infections.

When HIV destroys these cells, the body's ability to fight off disease is weakened, resulting in the inability to detect parasites, viruses and germs that cause infection.

HIV is carried in the blood and is transmitted through contact with the blood or other bodily fluids of an infected person.

It is spread through sexual intercourse and by sharing needles or syringes that contain blood infected with the virus.

HIV cannot be spread through touching, sneezing, using the

same toilet or eating food prepared by someone who is infected," Gascho said.

Sue Johanson, host of the Sunday night sex show on Toronto radio station AM 640, says there are a lot of misconceptions concerning AIDS.

"The ideas of kissing, sharing a can of pop or puffing on the same cigarette as someone who has AIDS are just some of the many misconceptions," said Johanson.

She said there are myths about AIDS, such as the belief that just by looking at a person it is possible to know they are infected with the HIV virus or that AIDS affects only gay males.

Johanson said she receives many calls from listeners who are concerned about AIDS and want to know the signs and symptoms of the disease.

"I don't like to release that information," Johanson said. "I fear they will think they have all of the symptoms and that they are HIV positive."

Johanson does not suggest testing for AIDS, unless there is involvement in high-risk behaviour, such as anal sex.

Johanson says more education should be available at a younger age in classes other than physical education.

Gascho said secondary schools throughout the region, with assistance from the Waterloo regional health unit's AIDS/STD

program, are helping to educate teenagers about AIDS.

According to an information pamphlet released by the health unit, it usually takes anywhere from two weeks to six months for a body to produce HIV antibodies following infection by the virus. Test results will take one to two weeks.

Marilyn Fischer, head nurse at Doon campus, said counselling will help to decide whether or not a person really needs to be tested.

She said the college doctor will see anyone who feels the need to be tested.

Information from the Waterloo regional health unit says HIV antibody testing is available by appointment at the health unit, or at the health unit's walk-in clinic Tuesday and Friday 3-6 p.m. and the Cambridge clinic Thursdays 3-5 p.m.

Testing can also be done by a family doctor.

Fischer said nursing students on community placement with ACCKWA and the health unit will have an AIDS display Oct. 6 at the college.

Students can contribute through the annual Red Ribbon Project. "The ribbons show support for those who still struggle with AIDS and remember those who have died," Gascho said.

Ribbons will be available in the cafeteria and bookstore for a \$1 donation to the AIDS Society.

AIDS facts people should know

By Sean Meyer

The World Health Organization (WHO) estimates a person somewhere in the world contracts AIDS every 10 to 20 seconds.

This means students need to know all they can to protect themselves, says Conestoga College's head nurse.

Just last year, Marilyn Fischer said, students had the attitude that getting AIDS could not happen to them and they were getting tired of hearing about it. "Many students were saying, 'People my age don't get AIDS.' Now they are realizing it can happen to anyone," Fischer said.

According to statistics from the AIDS Committee of Cambridge, Kitchener-Waterloo and Area (ACCKWA), 23 people in Waterloo Region have died from AIDS-related illnesses since 1981.

Citing statistics provided by the committee, Fischer said the number of people found to be HIV positive in the area is 118.

Health and Welfare Canada's July 1993 quarterly report on AIDS in Canada says there have been 8,232 cases of AIDS reported, resulting in 5,520 deaths attributed to the disease.

AIDS is believed to be caused by HIV (human immuno-deficiency virus). HIV destroys the body's natural ability to fight disease and is believed to be carried through blood, semen and vaginal fluids.

For material on AIDS and HIV, health services

will provide pamphlets, brochures and an interview to those people who are interested.

"Certainly within the college and university system, people are becoming more knowledgeable and are protecting themselves," Fischer said.

As of Jan. 23, 1989, the college has had its own AIDS policy statement that calls not only for the provision of information to students and staff, but ensures the rights of students and staff are protected. The policy includes the right to privacy and protection for those people with the HIV virus.

Statistically, the two most common ways to contract AIDS are through unprotected sexual intercourse with someone who is infected with HIV or by sharing needles or syringes that contain blood infected with HIV, says WHO.

The best way for people to protect themselves is to avoid high-risk activities, said Fischer.

According to information provided by health services, there are many ways to protect yourself.

A person can abstain from sex. If sexually active, be monogamous. Do not have unprotected sex with a person who has had more than one partner and do not have sex with someone who has shared needles during illegal drug use.

Another way of contracting the disease is through a blood transfusion. If a person has had a blood transfusion before 1985 they are potentially at risk, Fischer said. "Donated blood was not tested for HIV before 1985."



Jennifer Clark, Joel Harris and Justin Minns perform in *Single and Sexy* in the Doon campus student lounge Sept. 21.
(Photo by Colleen Connachan)

Single and Sexy: bed talk about students and sex

By Colleen Connachan

No, the double bed in the middle of the student lounge did not mean it was nap time for students.

The prop was part of a performance featuring a group of University of Waterloo actors.

Single and Sexy was presented by the Doon campus date/acquaintance rape awareness committee Sept. 21, during sexual harassment/awareness week. The play attracted about 75 students and staff.

The hour-long, often humorous show, dealt with timely issues involving sexual harassment, homophobia, unplanned pregnancy and alcoholism.

The performers, all UW drama students, role-played characters who had met during a university frosh week.

The cast included Nona, (Kimwun Perehinec), Steve, (Justin Minns), Heather, (Jennifer Clark), Kirk, (Joel Harris), and Beth, (Tara Terrick).

A double bed, five stools, and a stand with a writing pad were the only props.

The performers sang, jumped, sat and moved around the bed to indicate scene changes.

The show was directed by Tara Kallwitz and produced by Denise Angove, and is about sexual attitudes in the '90s.

One segment featured Beth telling Nona and Heather that she was a lesbian.

Nona's reaction was negative. She was uncomfortable with Beth's sexual preference, while Heather was more understanding.

Another issue involved Kirk and Heather who, after a night of drinking, became intimate.

But when Heather said no to Kirk's advances, he did not take her seriously and raped her.

When Heather later told Beth and Nona about the incident, one friend tried to put the blame back on her.

Nona said: "You invited him in. What did you expect to happen?"

In a related scene, Kirk told Steve that although Heather had said no, he ignored her objections because he knew she wanted it.

Steve told Kirk that he had sex without consent. In other words he had raped Heather.

The performance included a "genital trivia contest" where Heather, Steve and Beth played the contestants.

Sex with Sue

Johanson discusses sexuality at Doon

By Colleen Connachan

The spotlight lit the stage at Doon campus Sept. 22, when Sue Johanson talked about sexually transmitted diseases, premature ejaculation and sexual assault.

Johanson, who is a radio/television host, author and lecturer, spoke to about 80 people in the blue room cafeteria.

The obvious problem for young people today is the lack of communication about sex, she said.

"We as parents and educators did not tell you what you deserve to know."

There are survival skills that you need to know because this is your body and this is your life.

— Sue Johanson

Learning about themselves as sexual beings will help people make decisions based on knowledge, information and facts, said Johanson.

"There are survival skills that you need to know because this is your body and this is your life," Johanson said.

By being aware of one's sexuality, it will make it easier to say no firmly and loudly without embarrassment and without fear, she said.

"Don't be ashamed, you have a right to say no, she said," adding that both females and males are victims of sexual assault.

Johanson said the literature on sexual assault reports fewer males are assaulted, but that it is as traumatic for a male as it is for a female.

It also takes males longer to recover after being sexually assaulted.

"Guys require about five years of intensive therapy before they are able to perform sexually," said Johanson. "We need to be aware that guys are sexually assaulted too."

People have to understand they own the right to their bodies and that nobody can touch them without consent, Johanson said.

"Know what you are doing, think ahead, plan ahead to prevent that unwanted situation. If you say no you do not want to have sex, no you do not want to go further, than that's where it stops."

But she said in many cases when a person says no, the partner starts to apply pressure.

In situations like that, Johanson said, everyone has a responsibility to be aware of how far the activity

will go.

"There are some guys out there who hear no and interpret it as coaxing. Some guys don't understand that no means no," Johanson said.

Johanson stressed the importance of "safer sex," because "there is no such thing as safe sex."

Johanson stressed that partners need to talk more both before and after sex.

After the hour-long show Johanson answered about 20 questions written and submitted by members of the audience.

Queries about birth control, anal intercourse, human immuno-deficiency virus (HIV) and masturbation were among the many topics raised.

Johanson stressed the importance of "safer sex," because, "there is no such thing as safe sex."

Following the show, the winner of a trip-for-two to the Quebec Winter Carnival was announced by Doon Student Association president Ron Lehman.

Philip Skipper, a second-year nursing student, was the winner.

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Attention Graduating Students

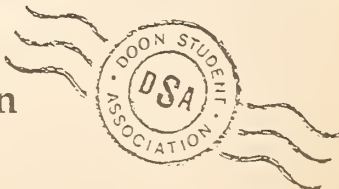
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Grad Photos Week

Business Students October 18-22

Nursing Students October 25-29

Please send a class representative to the DSA Activities Office for class sign up form and pricing information by Friday, October 8



HEALTH

Flu vaccines for fall

Immunization is first step to prevention, says college nurse

By Kim Huson

The line weaves down the hallway as students squirm in nervous anxiety.

They glance at the brightly colored art adorning the walls, searching for any distraction to keep from hearing what they imagine to be cries of pain coming from the health office. Even the bravest student has been known to wince on needle day.

Immunization is a regular event within the public and secondary school systems. Unfortunately, some students opt not to continue

to receive boosters.

"School children must have tetanus, diphtheria, polio, measles, mumps and rubella injections in order to attend classes," said Conestoga College nurse Marilyn Fischer.

Although immunization is not mandatory in post-secondary institutions, Fischer said it is still important to keep injections up-to-date.

Students can get vaccinated through the health services office, but serums are not always readily available, Fischer said. "If someone was to come in and request it,

the possibility is that we could get it in, but we don't have it sitting here waiting to be given."

Health services is hoping to have influenza vaccines available this fall. The shot would be free to people who are considered a high risk for developing the flu virus. Others would have to buy the vaccine.

"We don't know what the cost is yet, but we plan on having it available," Fischer said.

"A lot of people have trouble collecting data for when they had their last injection," she said, adding the information can be obtained from the public health office, which

keeps school records for 10 years after graduation.

However, it can be a great problem for mature students who have lost their immunization cards. Unless they notified their doctor when they received their shots, there may not be any way of obtaining their records, Fischer said.

"If it's been 10 years since someone's last immunization, or if they have not been vaccinated against measles, mumps and rubella since 1980, they should be out getting the immunization. A lot of people cut themselves, so tetanus is really important."

Immunizations should also be updated before travelling outside North America, she said. Although North America has eradicated polio, small pox and malaria, these diseases may be contacted in other countries.

According to recommendations made by National Advisory Committee on Immunization in 1989, travellers may be required to be vaccinated against yellow fever, typhoid and even rabies. People can find out what vaccines they need through the travel immunization clinic at their local public health unit.

Students buy an ounce of prevention

By Kim Huson

An ounce of prevention is worth a pound of cure.

On Sept. 28 and Oct. 1, 67 people will be purchasing that ounce of prevention — an injection of serum that will prevent them from contracting hepatitis B, a virus causing liver infection — for \$120 each.

"Once you get hepatitis B, you never get rid of it. The virus remains in the body," said Conestoga College nurse Marilyn Fischer. "The infection is usually associated with exposure to blood or infectious body fluids."

Conestoga's ambulance and emergency care programs require all students to be immunized against the virus. Some students

Once you get hepatitis B, you never get rid of it.

— Marilyn Fischer

who are enrolled in early childhood education and health sciences also have to receive the immunization before going on work placements, Fischer said.

"We encourage all of the health sciences to have it because the first time they prick their finger they will be saying, 'Why didn't I have it?'"

In the June issue of Nursing magazine, University of Michigan instructor Abbey Patcher says nursing students should get the vaccine early.

"Any nurse who's exposed to blood is at risk for hepatitis B. But, because of their inexperience, student nurses may run a greater risk than skilled practitioners."

Hepatitis B can easily be transmitted through sexual contact and needles, said Fischer. Expectant mother can pass the virus to newborn babies, she added.

The cost of the injection may discourage people from being immunized, Pachter says. "As individuals, we must take the time — and the money if necessary — to protect ourselves from a serious health threat."

ARE YOU HAVING SEX IN THE DARK?

Some say ignorance is bliss.

When it comes to sex, ignorance is far from bliss. It's just plain dangerous.

If you want to do the smart thing, get out of the dark.


Find out how HIV/AIDS and other STDs are transmitted.

Use condoms. Not occasionally, not usually, but always.

Talk. Talk to your partner. Your friends. Your doctor.

If you're embarrassed about buying condoms, remember that after you've bought them once it will be much easier. Being embarrassed is a small price to pay for your health.

If you know someone with HIV infection or AIDS, reach out to them and break the silence. No more fear. No more ignorance.

 Ontario

For more information call the Ontario Ministry of Health AIDS Hotline: 1-800-668-2437

AIDS AWARENESS WEEK OCTOBER 4-10, 1993

SPORTS

Women's softball team suffers 15-1 setback

By Omar Welke

The tables were turned on the Condors women's softball team in its match against Mohawk College Sept. 22 at Doon.

After a mercy rule victory over Loyalist College Sept. 17, the wind was taken out of the Condors' sails when they suffered the same fate at the hands of the Mountaineers.

A 15-1 score at the end of the fifth prompted the implementation of the mercy rule and an early end to the match.

Mohawk head coach Doug Parry said he was surprised by the easy victory.

"I expected Conestoga to be a little bit stronger," he said. "Usually when we face Conestoga, it's a pretty even game."

Parry said this was only Mohawk's second game and the first time some of his team had played together, so the victory was a boost for them.

"I'm sure Ron (Taylor) is going to have a different team out there next time we meet."

Conestoga managed to hold its own the first two innings of the game.

The Condors allowed only one run in the first and added its own marker when Kathy Culbertson was brought home by Valerie Mitchell's single.

A scoreless second suggested an even match and gave no indication of the debacle yet to come.

The Mountaineers added two more in the third.

A bomb to left field by Krista Baker and a sacrifice fly by Al-

lison Diplock each brought one runner in.

The wheels fell off the Conestoga wagon in the fourth.

The Condors gave up six runs in the inning, unable to contain the onslaught of the Mountaineer batting lineup.

"Many times we should have been cutting our losses on plays," said Andy Schlitt, Condor assistant coach.

"A lot of mental and forced errors are happening out there, which gives them extra batters and the opportunity to score," Schlitt said.

Condor starting pitcher Jenny Van Der Zwaag was pulled halfway through the inning.

However, reliever Julie Butt was unable to control the Mountaineers' lineup, allowing four runs and ending the inning at 9-1.

The dam broke in the fifth. A relentless attack by Mohawk batters yielded six more markers and sealed the fate of the Condors.

Conestoga was unable to rally in the inning, forcing the mercy rule ending.

Schlitt said the team's defence and the mental aspect of the game were the trouble spots.

"I don't think the pitching is the problem," he said.

"Our fielding and defence will have to be worked on."

The hitting has to come around, he said. "When you worry about striking out that's when you are going to strike out."

Conestoga's next match-up comes Oct. 12 at Seneca.

Women's softball Condors crush Vikings

By Jeff Brinkhof

Sometimes all it takes is an old-fashioned rout to snap a team out of a slump.

That's what the Conestoga Condors women's softball team is hoping after crushing the St. Lawrence Vikings 10-2 in Ontario Colleges Athletic Association (OCAA) action at Doon campus Sept. 25.

About 30 fans were treated to a dominating effort by Condor pitcher Julie Butt and a near cycle by second baseman Kristen Erford. Erford struck for a single, a triple and a home run in leading her team to its second win in five starts.

St. Lawrence struck first, opening the scoring when Viking catcher Cathy Farely knocked in Kate Tindall with a triple to left field in the top of the first inning.

Conestoga struck back in the home half of the first, tying the game on an Erford solo home run to left.

With Conestoga leading 2-1 in the third, the doors fell right off for the Vikings. The Condors sent nine women to the plate and knocked in six runs, increasing their lead to 8-1.

Third baseman Valerie Mitchell opened the floodgates with a lead-off double to left. After an error and a wild pitch put runners on second and third, Jenny Van Der Zwaag cleared the bases with a two-run double.

A pair of triples by shortstop Marlene Ford and centre fielder Diane Rody, a sacrifice fly by Vanessa Mueller and a wild pitch cashed in



Conestoga right fielder Vanessa Mueller and St. Lawrence catcher Cathy Farely wait on a pitch during a softball game Sept. 25.

(Photo by Jeff Brinkhof)

three more runs for the Condors. Erford tripled and completed the deluge, crossing the plate before left fielder Chrissy Degen made the final out trying to stretch a single into a double.

That was pretty much the ballgame for the Vikings, as Butt took over, striking out nine and walking none in her seven-inning complete-game victory.

St. Lawrence scored its only other run on a single by pitcher Michelle Leavoy in the fifth inning.

Conestoga padded its lead with two more runs in a sloppy sixth inning.

Pinch-hitting for Degen, left fielder Lori Elsby singled and moved to third a pitch later when Farely overthrew first base on a

grievous pick-off attempt. After a walk and a passed ball moved runners to second and third, first baseman Michelle Eddie stroked a single, pushing Elsby home.

Beth Rendall completed the day's scoring on groundout by Van Der Zwaag.

Conestoga coach Ron Taylor was upbeat about the victory and said, "I was very happy about how they played out there today."

Citing a road trip to Durham College the night before as a turning point, Taylor said the players are improving because they're cutting down on mental errors and getting to know each other better.

"You can see they're getting more comfortable with each other and they're talking more on the field."

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CONESTOGA
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Condor women chalk-up another soccer victory

By Gary Wiebe

As puck control is the key to winning hockey games, ball control is the key to winning soccer games. Conestoga College Condors women's soccer team displayed superb ball control in a 2-0 victory over the St. Clair College Lady Saints in Windsor, Saturday, Sept. 25.

Although Conestoga controlled the ball throughout the game — most of the match was played in the Lady Saint's half of the field — it took until the 10-minute mark of the second half before Conestoga's Diana Dumancic scored the first goal during a scramble in front of the net.

Until then, St. Clair rookie goalkeeper Stephanie Wilson had hot hands, stopping shot after shot before the Condors got the break.

Ten minutes later, Sarah Power, on a beautiful six-way passing play initiated by Penny English, scored her second goal of the season to increase the lead.

Coach Geoff Johnstone said, "That second goal represented ev-

erything we've been trying to do the past few years.

"There were six passes that were all dead on the money. I was really pleased with that."

Johnstone acknowledged St. Clair had a hot goalie and, during half-time, coaxed his team into keeping their shots low.

"She (goalie Wilson) was tall and seemed unable to get down. All our shots seemed high and both goals were low shots."

Wilson said, "It (the second goal) was a pretty high kick and I thought I could grab it, but it bounced on the ground and they kicked it in the net."

Lady Saints' coach Kris Geier said, "It was a good game. I think our girls worked extremely hard. They were out-talented. I thought we were really strong in the first half. Wilson made some key saves to keep us in there. Overall, I'm pleased but we have to work a little more as a team."

Conestoga's won-tied-lost record is now 2-1-0 on the season. The Condors play at Redeemer Oct. 5.

Men's soccer team loses a squeaker

By Gary Wiebe

In men's action, Conestoga lost a heartbreaker when the Saints broke a 1-1 tie with less than a minute to play in the game.

Coach Geoff Johnstone said, "On my watch, that goal was scored at 52 minutes and 29 seconds of a 45-minute half. That's seven minutes and 29 seconds after the game should have been over."

Johnstone said there would be no protest because a mechanism for protesting does not exist. The referee has the final say.

It was a fast-paced game from the start, with plenty of action at both ends.

But no one scored until 17 minutes of the second half when Saints' striker Steven Flay outfoxed Condors' goalie Rory Foreman to give the Saints a 1-0 lead.

The Condors didn't let up, however, and 14 minutes later Conestoga's Todd Swangard, streaked down the right side and relayed a perfect pass to Claus Draxler.

Draxler made no mistake and drilled the ball past Saints' keeper Shannon Sampson to tie the game.

Both teams turned it up a notch, but a scramble in front of Foreman in the final minute saw Saints' David Fyvie pop the ball in the net.

Foreman made two saves off Fyvie and Conestoga's Sanjeev Dhanapala kicked the ball out of the way.

But Fyvie didn't let it get very far and, in the following confusion, scored.

"Rory was absolutely outstanding. That's one of the best games I've seen him play," Johnstone said. "That goal was a scramble but they got a third chance. That guy (Fyvie) did his job and put it away."

Conestoga's game was marred by injuries. Defender Andy Pownall was carried off the field early in the game with a sprained ankle and could be gone for two weeks.

Greg Bera left late in the game with a fractured nose after he and a defender smacked heads while going for the ball. Bera doesn't expect to miss any games.

Only 14 players made the trip because of injuries and players having to work.

Johnstone credited the loss to his



Condor Andy Pownell is carried off the field by Alex Perez (left) and Mark Dean after suffering a sprained ankle against St. Clair. (Photo by Gary Wiebe)

missing players and said, "We played against a good team but the guys that didn't make the trip with us were the deciding factor, especially those that chose other activities today over coming here. That's a problem."

"The guys that were here fought hard throughout the game. We played strong defensively but weren't as creative out front as we could have been," he said. "It (the loss) is not an easy one to take."

The shortage of players forced Johnstone to use others who weren't 100 per cent.

"Draxler's one of our main strikers and he's got a swollen ankle," said Johnstone. "Dhanapala normally plays goal but I needed him in the field. I've never seen him play in that position (sweeper) but he did us proud."

Saints' coach Mike Baraslievski said, "I'm happy with the way it ended up, but I'm not pleased with the overall game and effort. I'd be lying if I said I didn't expect a little bit better. We didn't play with that sense of urgency you need."

"I think everybody thought 'We're a little better than this team, we're going to get there,' and that's not going to happen just because we walk on the field," said Baraslievski.

"Nobody's going to give us two points until the game's over and we've put in that winning effort."

When Conestoga next plays the

Saints they'll be missing Sergio Valentim. Valentim received a red card for elbowing — an automatic ejection and game suspension — in the final five minutes of the game.

The Condors next host Redeemer on Wednesday, Oct. 6 at 5 p.m.



Members of the Conestoga Condors and St. Clair Lady Saints scramble for the ball in soccer action at St. Clair College in Windsor. (Photo by Gary Wiebe)

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Scoreboards and Schedules

(Standings as of Wednesday, Sept. 29, 1993)

Ontario Colleges Athletic Association Softball

Results —

Sun., Conestoga at Loyalist
Sat., Mohawk at St. Lawrence
Conestoga at St. Lawrence
Fri., Seneca at Durham
Mohawk at Loyalist
Wed., Seneca 5, Conestoga 4
Durham 7, Loyalist 2
Sat., Sept. 25 St. Lawrence 2, Conestoga 10
Fri., Sept. 24 Conestoga 1, Durham 4
St. Lawrence 0, Mohawk 10

TEAMS	W	L	PCT.	GB
Durham Lady Lords	5	0	1.000	—
Seneca Scouts	4	0	1.000	.5
Mohawk Mountaineers	2	2	.500	3
Conestoga Condors	2	4	.333	3.5
Loyalist Lancers	1	3	.000	3.5
St. Lawrence(K) Vikings	0	5	.000	5

Future Games —

Mon., Oct. 4, Seneca at St. Lawrence(K); Tue., Oct. 5, Loyalist at Seneca; Durham at Mohawk; Thur., Oct. 7, Loyalist at Durham; Seneca at Mohawk.

OCAA Women's Soccer

Results —

Sat., Oct. 2, St. Clair at Conestoga
Lambton at Redeemer
Wed., Sept. 29, Fanshawe 0, Conestoga 0
Mon., Sept. 27 Fanshawe 5, St. Clair 0
Sat., Conestoga 2, St. Clair 0
Fri., Sept. 24, Redeemer 7, Lambton 0

TEAMS	W	D	L	F	A	PTS
Redeemer Royals	2	1	0	14	3	5
Fanshawe Falcons	2	1	0	12	2	5
Conestoga Condors	2	1	0	10	0	5
St. Clair Lady Saints	0	0	3	1	12	0
Lambton Lions	0	0	3	0	20	0

Future Games —

Tue., Oct. 5, Conestoga at Redeemer, 4:30 p.m.;
Wed., Oct. 6, St. Clair at Fanshawe; Thur., Oct. 7,
Conestoga at Lambton, 5 p.m.; Fri., Oct. 8,
Fanshawe at Redeemer

NEXT HOME GAME — Oct. 19, 4:30p.m.
Redeemer vs. Conestoga



OCAA Men's Soccer

Results —

Sat., St. Clair at Conestoga
Thur., Redeemer at Mohawk;
Tue., Mohawk 5, Conestoga 2;
St. Clair 1, Fanshawe 2
Sat., Sept. 25, Conestoga 1, St. Clair 2
Thur., Sept. 23, Mohawk 1, Fanshawe 1

TEAMS	W	D	L	F	A	PTS
Fanshawe Falcons	2	2	0	5	2	6
Mohawk Mountaineers	1	1	0	6	3	3
Conestoga Condors	1	1	2	5	7	3
St. Clair Saints	1	0	1	3	3	2
Redeemer Royals	0	0	2	0	4	0

Future Games —

Mon., Oct. 4 Redeemer at Fanshawe; Tue. Oct. 5, Mohawk at St. Clair; Wed. Oct. 6, Redeemer at Conestoga, 5 p.m.; Thur., Oct. 7 Fanshawe at St. Clair

NEXT HOME GAME — Oct. 6, 5 p.m.

Redeemer vs. Conestoga



Athletes of the Week for Sept. 19 — 26

Anne Paonni

Female athlete of the week Anne Paonni of the women's soccer team scored four goals in an 8-0 rout of Lambton College Lions last Wednesday.

Sergio Valentim

Sergio scored two goals as the men's soccer team defeated Redeemer 2-0 on Wednesday. He also played a strong game at midfield as Conestoga tied Fanshawe 0-0 Monday.

(Nominated and chosen by Conestoga's varsity coaches)

REVIEWS

The death of grunge: Nirvana bites the hand that feeds

By Jason Schneider

With its 1991 release *Nevermind*, Nirvana became the unlikely heroes of pop culture as the leading stereotypes of grunge rock.

Not since the so-called summer of love had the mass media cashed in so quickly on an underground youth movement, and out of all the parties involved, Nirvana paid the highest price for success.

Suddenly, bands from Los Angeles claimed to be from Nirvana's home base of Seattle, supermodels wore flannel, and television was flooded with loud, obnoxious and

cynical characters patterned on *Nevermind*'s mastermind, singer-guitarist Kurt Cobain.

The music on that album is part punk, part metal and part trashy pop with lyrics that capture the desperation of Generation X.

But unlike his Seattle peers Soundgarden, Pearl Jam and Alice In Chains, among others who fit into the classic rock star mould, Cobain resembled the second coming of Johnny Rotten; a lone, helpless child, fed up with his world and willing to destroy it rather than fix it.

Now the angry young man has

become the jaded adult coping with unwanted fame on Nirvana's new album, *In Utero*.

The sound is purposely demography and will disappoint those who have never heard Sonic Youth but picked up *Nevermind* anyway.

The album's main theme is life being extinguished without having a chance to grow, an obvious reference to the now-clichéd Seattle music scene and Cobain's current half-hearted songwriting.

He whines throughout most of the tracks about his overblown public image. This is especially evident in *Serve The Servants*, *Rape Me*, and

Pennyroyal Tea.

After repeated listenings, *In Utero* becomes an on-target tirade against the star-making machinery of rock.

Cobain literally bites the hand that feeds him in *Radio Friendly Unit Shifter*, and should be commended for resisting the pressure to make *Nevermind II*.

However, the new songs could use more of the psychopathic rage of early Nirvana and, with the exception of *All Apologies* and *Heart-Shaped Box*, less arrogant, eat-the-rich-style posturing.

In Utero is summed up best with

the track Frances Farmer *Will Have Her Revenge On Seattle*, based on the experience of the silent film star who went insane after her home town rejected her successful acting career.

In it, Cobain dismisses all fads spawned by grunge and belittles everyone who bought into the media's idea of what the scene was all about.

Although it probably won't appeal to their mainstream fans, *In Utero* solidifies Nirvana's long-term position in the rock and roll community and should provide a clean slate for their next album.

Supermodel's biography is a sad tale of drug addiction and AIDS

By Julie Magee

There have been many tragedies that have befallen the young in the show business industry. James Dean, Marilyn Monroe, Ritchie Valens and Brandon Lee are only a few who died tragically at young ages. But no one's death went as unnoticed as that of supermodel Gia Carangi, who died of an AIDS-related illness at the age of 26.

Gia was one of the first women in America to die as a result of contracting AIDS. In 1986, fewer than 750 women in the United States and fewer than 1,900 women internationally had been diagnosed with AIDS. Women made up less than seven per cent of the world's AIDS patient population.

A new hardcover book, written by Stephen Fried and entitled *Thing of Beauty: The Tragedy of Supermodel Gia*, is a poignant tribute to a fallen beauty of the fashion industry.

Fried interviewed hundreds of people who knew Gia, including her family, female lovers (Gia was a lesbian) and fashion colleagues, to put together an emotionally-gripping book which explores many dimensions of Gia's short life.

Fried always presents the opinions (whether positive or negative) in an unbiased way. He never paints Gia as a bad person. He describes Gia as a hard but child-like individual who wanted to be accepted for who she was on the inside, not for her supermodel exterior.

Fried writes the book in such detail that readers find themselves sympathizing with the beautiful model who threw everything away because her addiction to drugs was so powerful.

The book describes how Gia took the fashion industry by storm in the late 1970s, becoming one of the most famous models in the business.

She graced the covers of *Cosmopolitan*, *Vogue* and *Glamour* and appeared in ads for Dior, Armani and Versace. Gia worked with the most influential fashion photographers in the industry, such as Francesco Scavullo, Albert Watson and Arthur Elgort.

Fried quotes Polly Allen Mellen, creative director for *Allure*, as saying: "Gia was very vulnerable, it was part of the beauty of her photographs. She had that boy/girl thing, and it was sexy — it was everything. She was absolutely dynamite."

Unfortunately, Gia fell victim to the pitiful drug scene which was very accessible in the modelling industry.

She would go from a \$10,000-a-day photo shoots and spend the money on drugs. Fried, and others, believe that Gia contracted AIDS through her intravenous drug use.

In the book, Fried gives a horrific description of one of Gia's heroin fixes. After Gia purchased her drugs, she would come home and cook the heroin in a spoon, tie off her arm above the elbow, and shoot, "booting" the drug mixed with her own blood in and out of the syringe until she got the initial high. Not only were Gia's arms filled with track marks, she had scars on other parts of her body as well.

Fried conveys Gia's increased drug use by describing in shocking detail how she had to be painstakingly made up for the April 1982 cover of *Cosmopolitan*. Gia had to be shot in a strapless Fabrice party dress with her hands behind her back because of a gory abscess on her hand, an actual tunnel leading directly into her bloodstream.

Many fashion people considered the abscess evidence that Gia was beyond help in her apparent drug addiction.

Fried allows the reader to glimpse into Gia's relationship with her mother, a relationship that was often filled with heartache.

Fried gives a very stirring quote from Gia's mother, Kathleen Sperr, which describes how she felt about her daughter. "I knew how beautiful she was, and how fragile. And I had this vision of her becoming this Marilyn Monroe type and becoming a sex symbol and dying a very tragic death young."

Overall, *Thing of Beauty: The Tragedy of Supermodel Gia* is an

outstanding book that is a must-read. Already it is rumored that Paramount Pictures will be making a movie about the fallen beauty.

Very few readers will leave this book with dry eyes. Fried uses a heart-wrenching quote from supermodel Cindy Crawford in *New York* magazine regarding Gia. "I was 'baby Gia,' but more wholesome. She was wild. Completely opposite me. She'd leave a booking in the clothes to buy cigarettes and not come back for hours (a pause) ... She's not living anymore."

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